

British Judo Council Primary



Name

Age

Grade

Promotion to

Core Requirements

Etiquette & Safety

Kneeling, standing bows and etiquette
 How and When to submit

Breakfalls

Ushiro Ukemi (back breakfall)
 Migi Yoko Ukemi (right side breakfall)
 Hidari Yoko Ukemi (left side breakfall)
 Mae Ukemi (front breakfall)
 Migi Zempo Kaiten Ukemi (right side rolling breakfall)
 Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

Standing - Demonstrate

Bow, take a basic sleeve / lapel grip and posture
 Demonstrate how to walk with partner
 Take a breakfall when thrown by partner

White Belt Beginner to 1 Red Tab (not less than 5 years old)

Standing - Demonstrate

Morote Seoi Nage

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Groundwork - Demonstrate

Turn partner over onto their back from all fours (crouching position)
 Turn over from press up position, breakfall, move into Kesa Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

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White Belt 1 Red Tab to 2 Red Tabs (not less than 5 years old)

Standing - Demonstrate

Morote Seoi Otoshi

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Groundwork - Demonstrate

Turn partner over onto their back from all fours (crouching position)
 Turn over from press up position, breakfall, move into Kesa Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

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White Belt 2 Red Tabs to 3 Red Tabs (not less than 5 years old)

Standing - Demonstrate

Ko Uchi Gari

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Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame and escape

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Randori

Minimum of 2 throw for throw style randori practice

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Etiquette & Safety

Kneeling, standing bows and etiquette

Breakfalls

Ushiro Ukemi (back breakfall)

Migi Yoko Ukemi (right side breakfall)

Hidari Yoko Ukemi (left side breakfall)

Mae Ukemi (front breakfall)

Migi Zempo Kaiten Ukemi (right side rolling breakfall)

Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

Standing - Demonstrate

Bow, take a basic sleeve / lapel grip and posture

Demonstrate how to walk with partner

Take a breakfall when thrown by partner

White Belt 3 Red Tabs to 1 Orange Tab (normally not less than 6 years old)

Standing - Demonstrate

Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi

Groundwork - Demonstrate

Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position)

Randori

Minimum of 2 throw for throw style randori practice

White Belt 1 Orange Tab to 2 Orange Tabs (normally not less than 6 years old)

Standing - Demonstrate

Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari

Groundwork - Demonstrate

Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position)

Randori

Minimum of 2 throw for throw style randori practice

White Belt 2 Orange Tabs to 3 Orange Tabs (normally not less than 6 years old)

Standing - Demonstrate

Tsuri Komi Goshi

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape and link to

Kuzure Kesa Gatame escape onto stomach and rise into all fours (crouching position)

Randori

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Breakfalls

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Migi Yoko Ukemi (right side breakfall)

Hidari Yoko Ukemi (left side breakfall)

Mae Ukemi (front breakfall)

Migi Zempo Kaiten Ukemi (right side rolling breakfall)

Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

Standing - Demonstrate

Bow, take a basic sleeve / lapel grip and posture

Demonstrate how to walk with partner

Take a breakfall when thrown by partner

White Belt 3 Orange Tabs to 1 Green Tab (normally not less than 7 years old)

Standing - Demonstrate

Tai Otoshi

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame escape onto stomach and rise into all fours (crouching position)

Randori

Minimum of 2 throw for throw style randori practice

White Belt 1 Green Tab to 2 Green Tabs (normally not less than 7 years old)

Standing - Demonstrate

O Uchi Gari

Groundwork - Demonstrate

Turn over into Yoko Shiho Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

White Belt 2 Green Tabs to 3 Green Tabs (normally not less than 7 years old)

Standing - Demonstrate

Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi

Groundwork - Demonstrate

Turn over into Yoko Shiho Gatame and escape

Randori

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Breakfalls

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Hidari Yoko Ukemi (left side breakfall)

Mae Ukemi (front breakfall)

Migi Zempo Kaiten Ukemi (right side rolling breakfall)

Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

Standing - Demonstrate

Bow, take a basic sleeve / lapel grip and posture

Demonstrate how to walk with partner

Take a breakfall when thrown by partner

White Belt 3 Green Tabs to 1 Blue Tab (normally not less than 8 years old)

Standing - Demonstrate

Tsuri Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape to

Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position) turn over into

Yoko Shiho Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

White Belt 1 Blue Tab to 2 Blue Tabs (normally not less than 8 years old)

Standing - Demonstrate

O Uchi Gari , Uke avoids, Tori changes attack to Tai Otoshi

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape to

Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position) turn over into

Yoko Shiho Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

White Belt 2 Blue Tabs to 3 Blue Tabs (normally not less than 8 years old)

Standing - Demonstrate

De Ashi Barai

Groundwork - Demonstrate

Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame

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Breakfalls

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Migi Yoko Ukemi (right side breakfall)

Hidari Yoko Ukemi (left side breakfall)

Mae Ukemi (front breakfall)

Migi Zempo Kaiten Ukemi (right side rolling breakfall)

Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

Standing - Demonstrate

Bow, take a basic sleeve / lapel grip and posture

Demonstrate how to walk with partner

Take a breakfall when thrown by partner

White Belt 3 Blue Tabs to 1 Brown Tab (normally not less than 9 years old)

Standing - Demonstrate

Sasae Tsuru Komi Ashi

Groundwork - Demonstrate

Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame

Randori

Minimum of 2 throw for throw style randori practice

White Belt 1 Brown Tab to 2 Brown Tabs (normally not less than 9 years old)

Standing - Demonstrate

Ko Soto Gari

Groundwork - Demonstrate

Kami Shiho Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

White Belt 2 Brown Tabs to 3 Brown Tabs (normally not less than 9 years old)

Standing - Demonstrate

De Ashi Barai, Uke avoids, Tori changes attack to Sasae Tsuru Komi Ashi

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position) turn over into Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame and escape

Randori

Minimum of 2 throw for throw style randori practice

Venue

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Comments